



UPS LIST OF HERBS & ANALOGS

by Jane Bothwell

After introduction to the UpS list of "At-Risk" plants, students always ask, "Well, what can we use in its place?" Often times the choice is simple: choose a cultivated species rather than one harvested from the wild. When cultivated species are not available, then it is best to find a plant analog. An analog is an herb having a parallel action, function or end result to other medicinal herbs.

In most instances, it is important and necessary to use a variety of analogs for the at-risk herb because an analog generally satisfies only some of the therapeutic actions of a particular plant species and does not demonstrate all medicinal actions of that plant. It is sometimes difficult to find replacements for our tried and true herb friends, but it also can be very satisfying and will expand your expertise, while helping to replant our future.

Choose alien (non-native) plants for food and medicine, leaving the more fragile native plant species to flourish. Many alien plants are extremely powerful medicinals and will be a welcomed addition to your medicine chest.

This is a partial list. More of Jane's recommended analogs for the "At-Risk" and "To-Watch" lists will be in forthcoming issues of the Journal. STAY TUNED!

America Ginseng *Panax quinquefolia*

Chinese Ginseng *Panax Ginseng*

Siberian Ginseng *Eleuthrococcus senticosus*

Astragalus *Astragalus membranaceus*

Ashwaganda *Withania somnifera*

Oats *Avena sp.*

Purchase organic roots only—even so-called woods-grown is suspect.

For increasing energy, stamina, fortifying immune system

Adaptagenic, normalizes energy levels, increases productivity, immunopotentiating
Protective and recuperative immune tonic

Important Ayurvedic herb for strengthening sexual energy and replenishing nervous system exhaustion.

Replenishes nervous system.

Arnica *Arnica sp.*

Comfrey *Symphytum officinale*

Yarrow *Achillea millefolium*

Calendula *Calendula officinalis*

St. Johns Wort *Hypericum perforatum*

Rescue Remedy - Bach flower essence formula

Cultivated sources only; use all aerial parts rather than just flowers; Arnica montana is threatened in its entire range in Europe.

Musculoskeletal concerns

Bruising

Anti-inflammatory, vulnerary

Restores damaged nerve tissue, analgesic

Topically & internally reduces trauma

Black Cohosh *Cimicifuga racemosa*

Vitex *Vitex agnus-castus*

Motherwort *Leonurus cardiaca*

Skullcap *Scutellaria laterifolia*

Most in commerce is wildcrafted

Hormone balancing

Relieves anxiety, lifts spirits

Nerve tonic, analgesic, alleviates mood swings, relieves anxiety

Bloodroot *Sanguinaria canadensis*

Celandine *Chelidonium majus*

Tumeric *Curcuma longa*

Self-Heal *Prunella vulgaris*

Spilanthes *Spilanthes acemella*

Dissolves warts; contains sanguinarine

May resolve skin cancer, anti-inflammatory and astringent to gum tissue

Anti-inflammatory and astringent to gum tissue

Stimulating, decay fighting mouthwash, tonifies gums

Blue Cohosh *Caulophyllum thalictroides*Motherwort *Leonurus cardiaca*Raspberry leaf *Rubus idaeus*Cottonroot bark *Gossypium herbaceum*Pennyroyal *Mentha pulegium*

Uterine tonic

Uterine tonic

Oxytocic-promotes or accelerates childbirth by stimulating uterine muscles. Caution: not to be taken during pregnancy.

Emmenagogue

Cascara sagrada *Rhamnus purshiana*Senna *Cassia hebecarpa*Other *Rhamnus* species

Psyllium and Flax seeds

Thin young saplings at base of tree. If necessary to cut down tree, leave high stump; it will resprout. Let cure for a year before using.

Contains anthroquinones, powerful laxative

Very similar actions to *purshiana*

Bulk laxatives

Echinacea *Echinacea sp.*Usnea *Usnea sp.*Thyme *Thymus vulgaris*Spilanthes *Spilanthes acmella*Astragalus *Astragalus membranaceos*Boneset *Eupatorium perfoliatum*Marshmallow *Althea officinalis*

Use only cultivated sources, very available.

Antibacterial, antifungal, antiviral. Collect windblown specimens on forest floor after a good winter storm.

Antibacterial, antifungal, antiviral, immune enhancing.

Immune tonic, antibacterial, antifungal, antiviral

Protective and recuperative immune tonic

Relieves aches and pains of flu

Immune tonic and restorative

Eyebright *Euphrasia spp.*Chamomile *Matricaria recutita*Self-heal *Prunella vulgaris*

Soothing eye wash

Soothing to mucous membranes

False Unicorn *Chamailirium luteum*Motherwort *Leonurus cardiaca*Vitex *Vitex agnus-castus*Raspberry *Rubus idaeus*

Virtually non-existent at this point

Reproductive stimulant

Hormone balancing

Uterine tonic

Goldenseal *Hydrastis canadensis*Barberry *Berberis vulgaris*Usnea *Usnea sp.*Garlic *Allium sativum*Plantain *Plantago sp.*

Contains berberine; astringent, anti-microbial, dries mucous membranes

Topical infections, eyewash, antibiotic, anti-viral

Antibiotic, dries mucous membranes

Antiseptic, heals wounds, alterative

Goldthread *Coptis sp.*Usnea *Usnea spp.*Garlic *Allium sativum*Plantain *Plantago spp.*

Topical infections, eyewash, antibiotic, anti-viral

Antibiotic, dries mucous membranes

Antiseptic, heals wounds, alterative

Kava - Wild Hawaiian *Piper methysticum*Chamomile *Matricaria recutita*Mugwort *Artemesia vulgaris*Valerian *Valeriana officinalis*Hops *Humulus lupulus*California poppy *Eschscholzia californica*

Use cultivated sources only

Gently calming and soothing

Digestive bitter, induces vivid dream states

Sedating nervine

Sedative, digestive bitter

Mood altering nervine